

CLAIMS:

1. A device for pelvic muscle exercises comprising a elastic tube and inner fluid.

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2. A device for pelvic muscle exercises according to claim 1 wherein there is at least one damping hole in said tube.

3. A device for pelvic muscle exercises according to claim 1 wherein there is at least two
10 semiellipses in said tube, each said semiellipse joins each other at their two ends.